

August 2025 Newsletter Umina Beach Men's Shed Inc

Welcome to the August Newsletter, as we compose this edition, we have arrived on the first day of spring – and the suns shining and forecast for the next 5 days or so looks good. No doubt we will get another burst of cold weather before things really start to open up – it's lovely to get out and about without being drenched.

The Shed members have been busy this month not only with their own projects but also providing their services to support some of the local community organisations which whilst it is time consuming and takes an effort, but the opportunity to socially interact with members of the Peninsula community and your fellow shedders is great and good for everybody that takes part.

Early in the month the Australian Men's Shed Association [AMSA] held its quarterly meeting for Zone 14. This meeting is held by Grant Gordon our Zone representative and covers a great spread of Sheds across the broader central coast /Wisemans ferry/ outskirts of Sydney. Two of our Sheds committee members attended this meeting which was held at the Erina Shed and reported back at the monthly committee meeting. The concept of the zone meetings is that the Sheds can exchange ideas/projects/supplies/tools available and review problems and difficulties in the day to day operating etc. It's a very interesting and absorbing couple of hours – followed by a BBQ and an opportunity to have a yarn with a great variety of different shed's and their representatives.



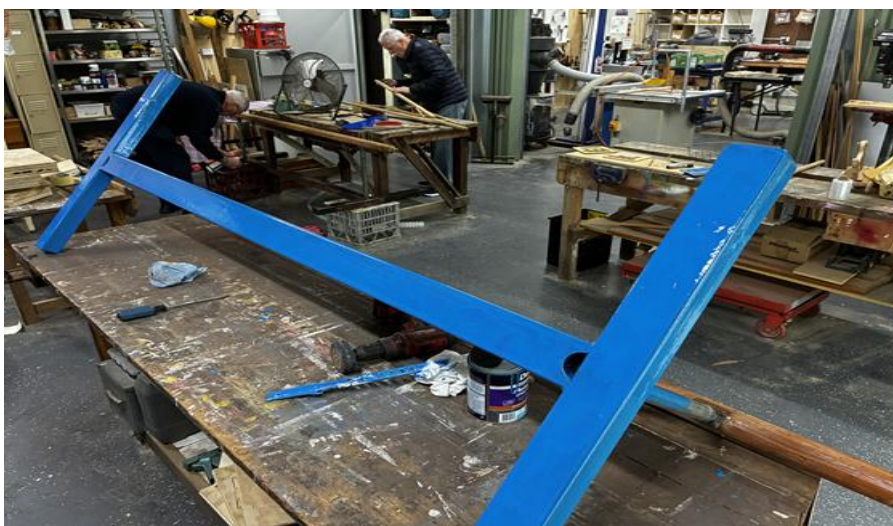
Our member, Stephen B, approached the Shed with a request, to structure and install a handrail, on the steps of his house, as his wife was returning from a stay in hospital and he was concerned about at her balance etc. Given that Stephen is always busy around the Shed –mopping floors, emptying the rubbish bins –mowing the grass the lads jumped very quickly to meet his request, within a couple of days the project was completed.



A lady called in at the Shed and asked if we could repair her “artistic easel” – it had a fracture and needed a good tidy up and a coat of paint. Wayne V undertook the project and between a couple of them they created a new slide adjuster and replaced the broken one and then Wayne set about bringing the easel back to life.



Two lady gymnastic instructors from the PCYC arrived at the shed two weeks ago carrying with them a couple of exercise parallel bars! Weight lifting in action!! They asked us to rejuvenate the Bars and in particular sand and smooth the hand rails as the youngster gymnasts were complaining that were hurting their hands when exercising on the bars. Allan P. Put up his hand for this project and got right into it.





As on previous years the Central Coast Rugby Union approached our Shed with the request to manage the gates at the Woy Woy Oval ground on the Saturday for three weekends – whilst the championship matches across the age groups male and female teams were held. It was busy days for our fellows as the supporters and teams came and left changed the matches all day.





Then the last weekend in August the finals were held at the Gosford Stadium – our task was to manage the rear access gate for players /staff and handle the parking of VIP vehicles. Over the Saturday and Sunday the various category games ran and again the teams and supporters arrived and generally left soon after their game- so it was a busy weekend for our lads.



Another project that a team of our members into action – was the floor of the shed used for storing our lawn mowers and edging machines had in effect given up –so a new floor had to be installed. The measurements etc were all taken in advance and the new flooring pieces were pre-cut and prepared before the lads set off to the shed. The photo was taken just as the fellows were preparing to leave having finished the job and tidied everything up.



Just before we close – John P our Secretary, has organized a talk at the morning Tea session on Wednesday 10 September. This talk is being given by a Crime Prevention Office from the Gosford Police – the topic naturally is Prime Prevention. With all the scams and robberies that hit the News media most days –we all need to stay sharp and improve our protection and awareness – so don't miss out on the opportunity to attend.

Well that's it for this edition – Happy Shedding

Bill G and Vic B

P.S. how did you go with the challenge of walking 7000 steps each and every day across the month of August?